

# ★ Knowing My 8 ★ ★ Rules for Safety ★

- 1.** I always **check first** with my parents or the person in charge before I go anywhere or get into a car, even with someone I know.
- 2.** I always **check first** with my parents or a trusted adult before I accept anything from anyone, even from someone I know.
- 3.** I always take a friend with me when I go places or play outside.
- 4.** I know my name, address, telephone number, and my parents' names.
- 5.** I say no if someone tries to touch me or treat me in a way that makes me feel scared, uncomfortable, or confused.
- 6.** I know that I can tell my parents or a trusted adult if I feel scared, uncomfortable, or confused.
- 7.** It's OK to say no, and I know that there will always be someone who can help me.
- 8.** I am strong, smart, and have the right to be safe.

- **CHECK FIRST**
- **TAKE A FRIEND**
- **TELL SOMEONE I TRUST IF SOMETHING IS WRONG**
- **STAY STRONG, SMART, AND SAFE**

★ ★  
  
NATIONAL  
CENTER FOR  
**MISSING &  
EXPLOITED**  
CHILDREN

★  
  
Office of Juvenile Justice  
and Delinquency Prevention  
Office of Justice Programs • U.S. Department of Justice

Charles B. Wang International Children's Building  
699 Prince Street  
Alexandria, Virginia 22314-3175  
U.S.A.